

Turnip the Beet 2017

Recognizing high quality meals in the
Summer Meal Programs



South Dakota Department of Education Child and Adult Nutrition Services



south dakota
DEPARTMENT OF EDUCATION
Learning. Leadership. Service.

Children Vote with their Feet

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Importance of High Quality Meals

- Help children **learn, grow**, and stay **healthy**
- Increase and retain site **participation**



Both SFSP or SSO Sponsors

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Who is eligible?



- ✓ **Summer Food** Service Program Sponsors
- ✓ National School Lunch **Seamless Summer** Option Sponsors
- Must be in compliance with Program regulations
- Must be in good standing



Good Standing

- No Major findings on last Administrative Review
- Or have Corrective Action on last Administrative Review that has satisfactorily satisfied the State Agency
- Never has be found Seriously Deficient
- Never has been Terminated

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What is a high quality meal?

Appealing & Appetizing

- Menu variety
- Choices
- Visually appealing
- Culturally and age appropriate
- Hot items, when possible

Nutritious

- Whole grains
- Whole vegetables and fruit
- Low-fat or fat-free dairy
- Lean protein



United States Department of Agriculture

Menu variety – may have offer versus serve or multiple entrees (more information to come in these slides)

Age appropriate – if site draws very young children – apple is sliced

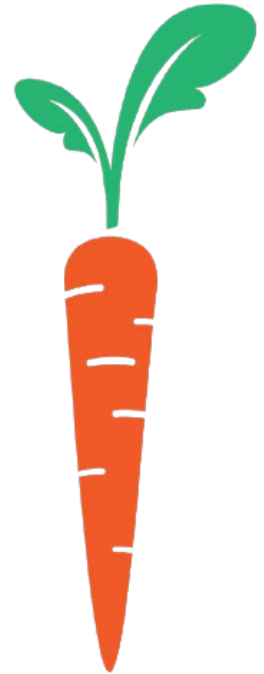
Nutritious – whole vegetables and fruits (not just offering juices)

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Evaluation Criteria

Clearly illustrate meals are **appetizing**, **appealing**, and **nutritious**

- Short answers
- Menu
- Other supporting materials (optional)



United States Department of Agriculture

Webpage & Resources

<https://www.fns.usda.gov/sfsp/turnip-the-beet>

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Short Answers (2 points each)

1. How are the meals **culturally appropriate**?
2. How are the meals prepared to be **age-appropriate** for the population being served?
3. Are taste tests, surveys, or other methods used to **gather feedback** from children about the meals served at the summer site?



The answers should be short answers instead of a narrative, they have listed examples in the instructions for what the Evaluators are seeking.

On-Month Menu

Turnip the Beet Award: Sample Menus

*Water is offered during all meal services

Meal	Day 1	Day 2	Day 3
Breakfast	Rise n' Shine Parfaits: Whole grain granola Low-fat plain yogurt Frozen mixed berries 1% and fat-free milk	Scrambled eggs Toast Tomato juice Fresh, sliced cantaloupe 1% and fat-free milk	Whole-wheat english muffin with peanut butter Whole grain cereal Banana 1% and fat-free milk
Lunch	Zesty spaghetti casserole Mixed greens salad with local cherry tomatoes Roasted vegetables (zucchini, summer squash) Orange slices 1% and fat-free milk	Southwest Chicken Wrap: Whole wheat tortilla Grilled chicken Lettuce Salsa Black beans Steamed broccoli Fresh pineapple chunks 1% and fat-free milk	BBQ Pork sandwich on whole grain bun Corn muffins Roasted green beans Local apple slices 1% and fat-free milk
Snack	Whole-grain crackers Fat-free chocolate milk	Crunchy carrot and celery sticks Hummus 1% and fat-free milk	Low-fat plain yogurt Frozen mango

One-Month Menu

- Turnip the Beet Award: Sample Menu
- Columns – Meal, Day 1, Day 2, Day 3
- Rows – Types of Meals, Breakfast, Lunch or Snack
- Detail in item name giving fun names, whole grain, fresh, local food, low-fat or fat free milk and preparation type on menu items (steamed broccoli, fresh mango, i.e.)

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Menu Evaluation (1 point each, 2 points for bonus)

- ☐ **Locally** produced vegetables, fruits, grains, m/ma are served and promoted one time per week, per meal type

Bonus: **Seasonal** food activities are offered

- ☐ **Entrees** repeat 2 times or less per month

Bonus: Menu includes at least **one hot item** per week

- ☐ Meals include a variety of **colors, flavors, and textures**

- Use the fun descriptive names on menu – examples “X-ray Carrots” or “Rise & Shine Parfaits”
- Local Foods - *denoting them on menu and put descriptive in key so the reader is aware
- Entrees should NOT be served on a monthly menu more than 2 times in a month.
- On menu designate if vegetable – fresh/frozen/dried/i.e. (Fresh is best, list on menu if fresh).
- Percentage of fat of milk served is listed on menu



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Menu Evaluation (1 point each)

- ☐ A **wide variety** of vegetables and fruit are served throughout the week

Bonus: At least one serve of each vegetable subgroup is served per week (2 points)

Bonus: The majority of vegetables and fruit are fresh (2 points)

- ☐ At least half of the grains served **whole grain-rich** (100% whole grain, or at least 50% whole grain and the remaining grains are enriched)

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Menu Evaluation (1 point each)

- ☐ **Sweet grains** are served no more than 2 times per meal per week

Bonus: Sweet grains are not served (2 points)

- ☐ Only **low-fat (1%)** or **fat-free (skim)** dairy products are served
- ☐ **Water** is available at no cost

Sample on One-Month Menu

Turnip the Beet Award: Sample Menus

*Water is offered during all meal services

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Supporting Documents:

- Photos
- News articles
- Product formulation statements or recipes
- Invoices of local food purchases



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Nomination Submissions

- Completed **Nomination Form**
- One month **menu**
- **Supporting documents** (optional)



Webpage & Resources

<https://www.fns.usda.gov/sfsp/turnip-the-beet>

Scoring & Awards

Scoring

- **Short Answers:** 0-13 points
- **Menu:** 0-18 points

Award Levels



Bronze = 10-17 points



Silver = 18-25 points



Gold = 26-31 points

Recognition

- Bronze Award Recipients



Bronze = 10-17 points

- Receive: Turnip the Beet Certificate
- Recognition in the FNS Summer Newsletter

- Silver Award Recipients



Silver = 18-25 points

- Receive: Turnip the Beet Certificate
- Recognition in the FNS Summer Newsletter
- Announced on the USDA Blog

- Gold Award Recipients



Gold = 26-31 points

- Receive: Turnip the Beet Certificate
- Recognition in the FNS Summer Newsletter
- Announced on the USDA Blog
- Designated on the Summer Capacity Builder

Nomination and Application Process



- Sponsors complete & submit nomination form to South Dakota Department of Education – Child and Adult Nutrition Services julie.mccord@state.sd.us by **SEPTEMBER 15, 2017**
- State Agency verifies nominations are in good standing.
- FNS evaluates & scores nominations
- Announcement of winners – **Winter 2018**

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Questions?



South Dakota SFSP or SSO Sponsors contact
Julie McCord with questions julie.mccord@state.sd.us